

Autumn Vegetable Succotash

Rating: ★★★★★

Makes: 8 servings

Ingredients

1/4 cup olive oil
1 cup onion (diced)
2 garlic clove (finely chopped)
2 cups bell pepper (red, diced)
2 cups zucchini (diced)
2 cups summer squash (yellow, diced)
3 cups lima beans (frozen)
3 cups corn kernels (frozen)
2 tablespoons sage (fresh, coarsely chopped)

Directions

1. In a skillet over medium-high heat, add oil
2. Add onion; cook until translucent (2 minutes). Add garlic, bell peppers, zucchini, squash, lima beans, and corn.
3. Season as desired; cook, stirring, until vegetables are tender (10 minutes). Stir in sage and serve.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	170	
Total Fat	8 g	12%
Protein	4 g	
Carbohydrates	25 g	8%
Dietary Fiber	4 g	16%
Saturated Fat	1 g	5%
Sodium	10 mg	0%